



2022-23 School Year

Sacred Heart Academy is a member of the Great Lakes 6 Conference in both Middle School & High School sports unless noted in the table below.

Eligible High School Students/MHSAA Rule: Full-Time, CEC (full courseload)

Eligible Middle School Students: FT, CEC, Home School registered parishioners

Fall Sports	Fall/Winter Basketball	Fall/Winter Basketball	Spring Sports
MS Volleyball (Aug 8-October 7)	Boys' MS Basketball (October 10-Christmas)	Girls' MS Basketball (Dec 5-Feb 10)	7/8 Baseball (MMSBL) Late Feb-May 6/13
HS Volleyball (Aug 8 - early Nov. state tournament)	Boys' HS Basketball (Nov 14 - early March state tournament)	Boys' HS Basketball See Left	HS Baseball March 13-June 10
*MS/HS Cross Country (GRTC) Aug-Oct/Nov Contact Coach Scully	Girls' HS Basketball Nov 7-early March state tournament	Girls' HS Basketball See Left	*MS/HS Track (GRTC) March-June Contact Coach Scully
Football (2023) (Aug-Nov 2023)			

*The Grand Rapids Track Club coached by Dennis Scully is endorsed by SHA for both Cross Country (grades 5-12) and Track (grades 6-12)

Athletic Director: Phil May; ad@shgr.org 616-459-0948 x1230